

### **From the Editors**

The recent time was filled with events important for our milieu. First of all, on 06–09.04.2019 in Warsaw took place the 27<sup>th</sup> European Psychiatric Association Congress (EPA). For the first time in history, such a high rank meeting took place in Poland, moreover, gathering a record number of participants from all over the world. This is a great success of the Polish Psychiatric Association, and, above all, Professor Agata Szulc and Professor Jerzy Samochowiec. Their determination and commitment stood behind the decision of the EPA management board to held the Congress in Poland, and then they chaired the local Organizing Committee.



From the left: Krzysztof Krysta, Maciej Matuszczyk, Janusz Rybakowski, Napoleon Waszkiewicz, Agata Szulc, Marcin Wojnar, Jerzy Samochowiec, Dominika Dudek, Sławomir Murawiec, Małgorzata Janas-Kozik, Janusz Heitzman, Adam Wichniak

Another great success was the election of prof. Agata Szulc to the Management Board of the EPA, and prof. Jerzy Samochowiec as the vice-chairman of the EPA Steering Council National Psychiatric Associations. The role of the EPA NPA is to coordinate the work of 44 Psychiatric Societies from 44 European countries and cooperation in terms of psychiatry interests: teaching, treatment methods, but also its perception, including the fight against stigmatization. On behalf of the editors of *Psychiatria Polska*, we would like to congratulate our Colleagues for such prestigious positions.

The General Meeting of the PPA, which is to be held in Warsaw on 24.09.2019, is still ahead of us. The PPA branches are already electing delegates and their new authorities.

Preparations are underway for the 2<sup>nd</sup> Mental Health Congress, which is to be a platform for meeting a wide range of specialists, beneficiaries of the mental health care system, representatives of the authorities, and all those interested in improving the situation of patients with mental disorders.

All these important events cannot, of course, obscure the editorial work and what Readers will find in the current issue of *Psychiatria Polska*. This time there is a lot of important works. We highly recommend you a lecture of an article written by prof. Jerzy Aleksandrowicz, which is a kind of summary of many years of his research on symptomatology of neurotic disorders. The author argues that all neurotic symptoms are in fact one syndrome. Various fragments of this syndrome temporarily appear depending on the current experiences and the circumstances that trigger them, which is an argument against the distinction of many different types of neurotic disorders. This work should be included in the discussion on the creation of classification systems, such as DSM-5 or ICD-11 – currently under development [1, 2]

The development of recommendations and treatment standards is an important aspect of activity of the PPA. In the current issue, we focused on the problem of treating affective disorders in women of childbearing age. We present three articles: regarding depressive disorders, bipolar affective disorder and procedures in case of pregnancy loss and failure of infertility treatment. The recommendations have been prepared based on the latest literature data and expert consensus. We hope that these recommendations will be helpful in everyday clinical practice. An article on the effects of antiepileptic drugs in pregnant women with BD, prepared by the team of Professor Eduard Vieta from Barcelona, follows this subject matter.

Suicidal behaviors in adolescents are among the pressing problems of psychiatry. Kielan et al. analyzed the opinions of young people on the possibility of suicide prevention. Previously, the same research team presented adolescents' views on suicide risk factors [3]. The problem of the possibility of assessing the risk of suicide was also discussed in our journal by other authors [4, 5]. We also recommend you a lecture of an article written by prof. Danuta Wasserman – former president of the EPA, published in the recent issue of Archives of Psychiatry and Psychotherapy [6], in which she presents difficulties in implementing preventive programs. We would like to remind you that in our journal prof. Wasserman published data on the threat of suicide among young Europeans [7]. The subsequent articles discussed orthorexia. This phenomenon is becoming increasingly more common and may be related to changing eating habits [8]. The relationship between mental disorders and intestinal microbiota is also a widely studied issue. In one of the previous issues, Gulas et al. discussed the way in which microbiology can affect psychiatry [9], and now Herman presents a review of the literature on the use of supplementation in the prevention and treatment of depressive and anxiety disorders.

Mental disorders are often associated with neurological disorders, therefore it is hardly surprising that this topic is often discussed in Psychiatria Polska. This time we present an article on depression, pain and the quality of life in multiple sclerosis, recommending a re-reading of an article by Rosiak et al. on social support and the quality of life in MS [10].

The above-mentioned matters do not exhaust the content of this very rich and diverse issue of Psychiatria Polska

We wish you an interesting and satisfying reading.

**Dominika Dudek – Editor-in-Charge**  
**Jerzy A. Sobański**  
**Katarzyna Klasa**

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